

Protecting Yourself From Insects and Spiders

To protect yourself from insects and spiders:



- Wear long pants, socks, and long-sleeved shirts. Tuck pant legs into boots or socks to provide an insect barrier.



- Use insect repellents that contain DEET or Picaridin.



- Be alert when working around abandoned buildings or debris piles.



- Wear work gloves, and stay on the lookout for spiders.



- Seek medical attention if bitten by a poisonous spider or deer tick or if you experience severe symptoms.

